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ABSTRACT OF THE DISCLOSURE

In a method for backing up personal data of a wireless communications network subscriber, the data is saved in a mobile communications device and backed up in a server of the network. A first subset of data is prepared from a set to be saved by a SIM card and is transmitted to the server for backing up. In an asynchronous backup mode, after the transmission of a subset of data to be backed up on the server, the backup is delayed for a certain period of time in order to free the mobile device for the user, and the backup is resumed at the end of this period.